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Calgary metro

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metroNEWS



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WILL THIS TREE LEAD TO A CRIME SPREE?

Brentwood residents fear more foliage in park could increase trespassing, break-ins

metroNEWS



MATHEW SILVER/FOR METRO

Olympic study moving ahead

2026 WINTER GAMES BID

Data analysts step up; official announcement expected soon



Fresh off his Rio vacation, Mayor Naheed Nenshi said qualified volunteers have stepped up to help the city analyze data around a potential bid for the 2026 Winter Olympics.

"It's no secret that I think this is a very exciting opportunity for Calgary, but it's also no secret that I really believe in evidence-based decision making," he said.

These volunteers — backed by a small contingent of paid staff — will dig into the numbers for several months before making a

recommendation.

"There will be a little bit of staff. We're going to need some consultants. We'll need some folks to look at our facilities. We may need to fly some folks in," said the mayor.

In June, city council approved giving up to \$5 million to the Calgary Sport Tourism Authority for bid exploration. The mayor said to expect an official announcement from the authority soon — possibly this month.

Nenshi admitted that a lot of work snuck into his vacation as he chatted up Olympic officials and representatives from other cities considering bids.

"We're the only ones who've really come out of the gates that we're exploring 2026 winter, but there's a lot of people exploring summer games," said Nenshi. "Even in talking to them, it was actually very helpful to understand the pitfalls that you face as a big city."

I really believe in evidence-based decision making.

Mayor Naheed Nenshi



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Relay team of pianists to play piece

MUSIC FESTIVAL

Total of 40 take turns in song that goes on and on and on

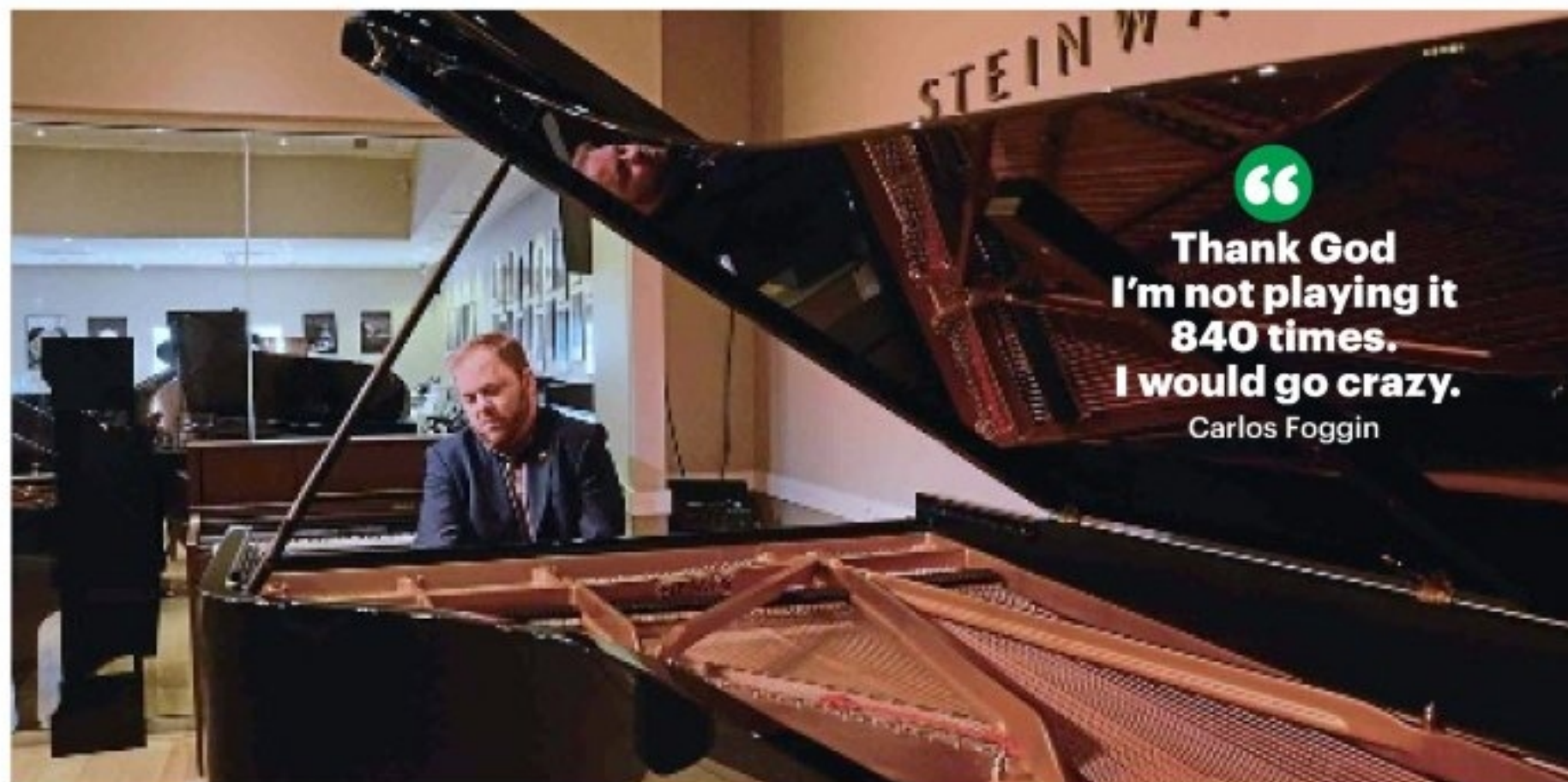


Aaron Chatha
Metro | Calgary

In 1883, composer Erik Satie composed Vexations, the longest piano piece in history. Clocking in at 18 hours, it's likely more than a single pianist can handle. In fact, Honens music festival believes it will take an entire relay team to complete the piece — so they've gathered 40 pianists who will switch off over 18 hours to complete Vexations in a single run.

The performance will take place at Contemporary Calgary, beginning at 4:30 a.m. on Sept. 8.

"It's not every day you can experience an 18-hour per-



Pianist Carlos Foggin practises for his part of the 18-hour set. AARON CHATHA/METRO

formance by 40 pianists on the streets of Calgary," said Stephen McHolm, Honens' artistic director. "What better way

to celebrate the city's Year of Music together with the 150th birthday of the grandfather of modern music, Erik Satie?"

Vexations was designed to be a vexing piece to play. Satie composed exactly three lines of music to be played

840 times in succession.

"Thank God I'm not playing it 840 times, I would go crazy," laughed pianist Carlos

Foggin, who starts his shift at 4:38 p.m. "I'm preparing to find about 21 different things I want to say with the piece, and each time bring out different aspects through the repetitions."

Pianist Hilary Tong, who plays her shift at 6:02 p.m., has been listening to versions on Youtube.

"I've heard a few different interpretations of it, so now that I'm more familiar with the piece, I definitely think you can put in your own flair," she said.

The event is part of the Honens piano festival and competition Sept. 8 to 11. It takes place every three years in the city and has become one of Canada's premiere piano occasions.

"Honens is such an incredible event," Tong said.

"A lot of people don't know we have this huge, internationally renowned festival in our own backyard."

Learn more at www.honens.com.

EMERGENCY RESPONDERS

Paramedics feel blindsided by hike in professional fees



Jeremy Simes
For Metro | Calgary

About 1,100 emergency medical first responders feel they've been blindsided by the Alberta College of Paramedics' (ACP) decision to up membership fees by 20 per cent, totalling about \$1 million.

On Tuesday, a group of 1,100 concerned paramedics, who are ACP members and have signed a petition that calls on making a number of changes to ACP by-laws, alleged the college hasn't been transparent.

Cam Heenan, part of the group spearheading the petition, said a number of members were told at the ACP's 2015 annual gen-

eral meeting there'd be no fee increase.

In early 2016, however, the ACP council drafted a motion to increase membership fees as it can't run a deficit, according to Becky Donelon, deputy registrar of the ACP.

Noting there hasn't been a fee increase in five years, she said the ACP is facing higher costs, feel-

ing the effects of the economic slump and seeing lower rates of membership.

Heenan said he'd be open to a fee increase, as long as the rationale is effectively communicated, and members have a say.

"They need to stand up and explain it to people," he said. "We're just saying, 'Where is it all going? Why do you suddenly

need the \$1 million?'"

Donelon said the ACP is attempting to be transparent, adding the college does post annual reports, though it can always find ways to improve.

The group has also called on Health Minister Sarah Hoffman to call a special meeting between the two parties and postpone the transition of the ACP from

the Health Disciplines Act to the Health Professions Act.

Associate Health Minister Brandy Payne said government staff have reached out to the ACP, adding the college is open to re-opening communication with membership.

"We trust our colleges and their autonomy to communicate with their members," Payne said.

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Sisters Kayla Langejais, left, and Isabelle Langejais were excited for their first day of school at the brand new Copperfield School. LUCIE EDWARDSON/METRO

Copperfield rings first opening bell

EDUCATION

Elementary students fill the halls of their new school

Lucie Edwardson
Metro | Calgary

Grade 4 student Kayla Langejais and younger sister and Grade 1 student, Isabelle, were visibly excited to start school Tuesday. The Langejais sisters are just two of 400 students beginning classes at the brand new Copperfield School. Kayla said she's looking forward to seeing friends and getting back to the books.

"I like being at school because this summer I was bored and kept saying I wanted to go to school," she said. "My favourite things about school are reading and writing."

Copperfield School principal Pattie Swain said this year they

expect to reach 450 students, with capacity set to reach 600 in the coming years.

"If you look around the neighbourhood there are tons and tons of children," she said. "It's very exciting, we've been waiting for this day for a long time."

Rob Langejais, Kayla and Isabelle's father, said the new school is much closer for their family.

"It's very nice, it's a lot more convenient and the kids are a lot closer to home and their friends are all going here as well," he said.

Kayla said she used to take the bus for 30 minutes twice a day to attend Maple Ridge School.

A parent of two girls in Grades 1 and 2, Andrea Roberts, agreed the new school makes things a lot less stressful for kids and parents alike.

"Now they won't be in such a hurry in the morning to get to school," she said. "We can spend

a little more time together in the morning getting breakfast."

Calgary Board of Education trustee Amber Stewart said she's happy to see students in Copperfield School's hallways.

"It's just fantastic to welcome all of these young learners into the building," she said.

In a movement towards more collaborative learning, Stewart said one of the great things about Copperfield School is its design.

"(What) I'm really excited about when I walk through the building is all of the open spaces, all the flexible learning environments for the kids to move around in," she said. "The rows of desks are no longer there, it's now tables and moveable furniture."

Tuesday marked the first day of classes for roughly 100,000 students at CBE schools, and the opening of nearly a dozen new schools across the city.



It's just fantastic to welcome all of these young learners into the building. Amber Stewart

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RECREATION

Riley Park Fountain funds dry up

Josie Lukey
For Metro | Calgary

Riley Park has everything an urban park could want: a cricket pitch, a wading pool, and a playground, among other features — but it doesn't have a water fountain.

Residents nearby the historic park in the northeast community of Hillhurst decided something needed to be done, creating an entirely volunteer-run partnership called Water for Riley, focused on designing and funding a unique fountain.

"We need a drinking fountain here," project manager and lead volunteer Deborah Sword said. "Children were thirsty, and I observed a family saying 'We're thirsty we have to leave.'"

With an estimated price tag of \$100,000, the fountain will be one of three designs submitted through an Alberta College of Art and Design competition which challenged students to include four specially placed nozzles in their designs; one each for the disabled, adults, children, and four-legged animals.

"That seems exorbitant and it seems extravagant," said Sword about the cost. "The cumulative impacts of this drinking fountain



Deborah Sword, second from left, stands with a volunteer from Water for Riley and two ACAD students whose final designs were unveiled last June. CONTRIBUTED

has impacts far beyond."

According to Sword, who started fundraising in 2015, it has been a slow process receiving donations — but has made progress thanks to grants from The Calgary Foundation.

Currently, Water for Riley has received approval from the City of Calgary to build the fountain but no funding. Sword says she's hoping the city will cover the fountain's \$20,000 installation.

Todd Reichardt, manager of parks, Centre City Region of the City of Calgary, said that the original agreement was that the fountain would be independently funded and that the city would supervise installation

of the fountain as well as fund future maintenance.

Len Webber, MP for Calgary Confederation said he uses the park often as a stress reliever and the fountain would be an enhancement regardless of the cost.

"Anyone on a hot day would love to be able to just go and use the fountain," Webber said. "I think that it's just a nice project to be able to work on to raise funds for, to enhance a park that will be there for generations."

Since Aug. 15, Water for Riley has raised only \$32,240.02. To donate, or to see detailed versions of the fountain designs, visit waterforriley.org.

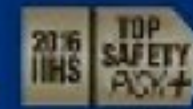
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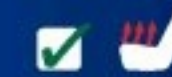
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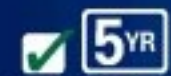
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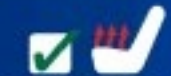
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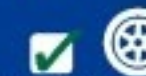
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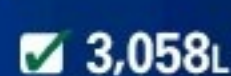
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FREEDOM OF INFORMATION

Delays prompt probe

Alberta's privacy commissioner will review "chronic delays" in the Justice Department's response to freedom-of-information requests. Commissioner Jill Clayton says her office has issued eight orders which found Alberta Justice and the Solicitor General failed to meet timelines to respond.

She says her office is dealing with many other files that raise similar concerns.

Legislation requires a public body to respond to a request within 30 days or within a stipulated extension period.

Clayton says not responding to access requests on time is, in her words, "a significant compliance issue."

She says access to information is a cornerstone of democracy and her job is to ensure the rights of Alberta residents are being upheld.

THE CANADIAN PRESS

IN BRIEF

Prairie universities get \$228M for research

Three universities in the Prairies are getting nearly \$228 million in federal money to do research on energy and water. The University of Alberta is getting \$75 million to help smooth the transition to lower carbon energy. The University of Calgary is also getting \$75 million to develop new carbon dioxide storage methods and study how to reduce energy and water used to decrease oil viscosity. The University of Saskatchewan is getting \$77.8 million to lead a water research initiative.

THE CANADIAN PRESS

U of C bringing bike plans to forefront

TRANSPORTATION

School surveys show 20% on campus pedal to work, class



Helen Pike
Metro | Calgary

The University of Calgary is getting a grip on their winding campus roads by looking ahead to what their campus might look like with more decisive planning for all modes of transportation.

The University of Calgary has begun public consultation for their Long Range Development Plan. The roadmap of future campus planning will incorporate the idea of how to better serve the campus cycling community over the next 30 years.

"Cycling is a huge consideration in the planning of this campus," said campus architect Jane Ferrabee. "Pathways are the veins, they're the framework around which we design the rest of our campus."

The plan is moving towards publication in early 2017, after several levels of approval.

According to Ferrabee, recent school surveys show 20 per cent of the community pedals to work and class. A microcosm compared the Calgary as a whole, but a high turnout compared to the City of Calgary's annual census numbers, showing 1.75 per cent are biking to the core.

The school has begun several initiatives to improve bike access on campus, starting with more places to lock up, locker facilities, showers and even



April Jang says biking around campus works, but there are still impediments to making it a full-time mode of transportation. JENNIFER FRIESEN FOR METRO

clubs and services on campus catering to cyclists.

"We're constantly trying to make our campus more accessible to everyone," Ferrabee said. "We're very cognizant of the way the world is going with sustainable objectives."

April Jang makes a point of pedalling to campus at least once a week as a full round trip. She lives a 21-kilometre trek but will sometimes also bring her bike to school via train to have more flexibility in biking home.

"Making information available instead of having bikers figure it out themselves would help," Jang said. "It depends where you're going; sometimes biking on campus is straightforward, but navigating through long chains of

buildings that are all connected — they block all the pathways."

She said currently, especially with construction, campus is difficult to navigate by bike and although point A and B may be further apart on foot, walking is often the easiest way to get around.

"I have friends at res who have bikes on campus, and they could bike around to get to really long between classes, but it becomes inefficient," Jang said. "If there were more direct routes, or if they were more aware of the routes, they might do it more."

Some areas on campus can still be tough spots to lock up and ride, but Jang notes it's great to see the school working towards being more bike friendly.

ON THE TABLE

Considerations for Long Range Development Plan:

- Better wayfinding for cyclists to help them get around campus with ease
- Connections to city pathways to help feed cyclists into the campus
- Speed-limit indicators depending on the traffic volumes
- Pathways that go around campus to get from one side to the next easier
- Ways to get from pathways to each building more efficiently
- Seamless connections to the University District

JUSTICE ROBIN CAMP

Sexual assault survivor testifies

A woman who was asked whether she could have kept her knees closed by an Alberta judge during a sexual assault trial says she contemplated suicide as a result of her experience.

"He made me hate myself and he made me feel like I should have done something ... that I was some kind of slut," said the slight young woman, choking back tears at the judicial hearing Tuesday for Justice Robin Camp.

Camp's comments while he was a provincial judge in Calgary in 2014 led the Alberta Appeal Court to order a new trial for the man he acquitted.

Court transcripts show Camp questioned the woman's morals, suggested her attempts to fight off the man were feeble and described her as "the accused" throughout the trial.

He said to her: "Why couldn't you just keep your knees together?" and said "pain and sex sometimes go together."

"He made comments asking me why didn't I close my legs or my ankles together. ... What did he expect me to say to something like that?" she said softly.

"I hate myself that I let that happen and I let that judge speak to me that way."

The complainant, whose identity is protected by a publication ban, said after the verdict she just "got high for days" and just wanted to be herself again.

The Canadian Judicial Council committee is considering whether Camp should be removed from the bench because of his remarks in the case.

THE CANADIAN PRESS

TREATMENT

New women's addictions and mental health centre opens



Jeremy Simes
For Metro | Calgary

Hearing, "Addictions is addictions and recovery is recovery," never sat well with Janine Copeland. At the end of the day, she says, women are different.

On Tuesday, the Recovery Acres Society unveiled a new facility — called the Co-occurring Addiction Recovery Essentials (CARE) for Women — that aims to help women suffering from addiction and related mental health issues.

People who have mental health and substance abuse disorders are general diagnosed with co-occurring disorders.

Copeland, CARE's program director, said women are socialized differently, and have different hormonal cycles and triggers. Women also face financial and access barriers, where there are few programs that offer child minding, she added.

"Everybody needs to have a tailored plan that's going to work for them," she said. "This program is structured to reduce those barriers."

The program is an intensive out-patient treatment program, meaning women can continue to go about their daily lives while receiving treatment.

The facility includes clinical psychological assessment, therapy, psycho-educational programming and relapse prevention in two phases over three months.

The program was developed by Dr. John Streukens, a co-occurring disorders expert with experience in mental health and substance abuse.

Streukens said programs,

like CARE, are especially needed, as the number of people suffering from mental health is "significant."

"And the resources are being stretched dramatically," he said.

Copeland said more out-patient programs for women are needed in Calgary, noting high wait times.

"We do have some residential treatment centres. They're wonderful but they're maxed," she said. "I know it's sometimes four to six months to get into those treatment centres, so the odds of them waiting that time,

abstinent, are slim to none."

Associate Health Minister Brandy Payne, who was in attendance at the unveiling, said waiting lists are an issue brought up by stakeholders.

"Long waiting times can mean life or death, especially with the fentanyl crisis," Payne said.

However, she said the government will address health care needs based on what local communities require most, adding the province's indigenous people face the largest gap for treatment.



Janine Copeland, program director with CARE for Women, says tailored addictions treatments are needed heavily in Calgary.

JEREMY SIMES/FOR METRO



Mayor Naheed Nenshi and Kyle Ripley, director of Calgary Recreation, hand Canlan Ice Sports president and CEO Joey St-Aubin the ceremonial key to the Great Plains Recreation Facility. BRODIE THOMAS/METRO

Ice rink run by for-profit operator

SPORTS

New city facility a trial for public-private partnerships



Brodie Thomas
Metro | Calgary

The city's newest recreation facility in the southeast isn't just a place to lace up your skates — it's also an experiment in public-private partnerships.

Officials were on hand to open the Great Plains Recreation Facility, located in the Great Plains Industrial Park, on Tuesday afternoon.

Rather than a ribbon cutting, Mayor Naheed Nenshi handed over a giant cardboard key to Joey St-Aubin, CEO and president of Canlan Ice Sports.

While the city oversaw planning, design and construction of the facility, Canlan Ice Sports will be the for-profit operators.

"I'm really interested in seeing how well this one plays out," said Mayor Naheed Nenshi, who explained that until now, the city has only

partnered with non-profit groups to operate city-owned facilities.

"We find it's cheaper, more efficient, and it helps us spread the risk of both the operations and the maintenance and repair," he said.

Nenshi said rules are baked into the contract about the percentage of time allocated for public, along with prices and subsidies for those who can't afford regular rates.

Dave Gerlitz, sales and marketing manager for Canlan, said the division of time between public and private interests is about 60-40.

The process involves checking with community groups first to see what their needs



"I'm really interested in seeing how this one plays out."

Mayor Naheed Nenshi

are. Once those slots are filled, Canlan goes to interested private parties to fill their needs.

Aside from the two ice rinks, the building will also have a fitness room, meeting rooms and a restaurant-lounge. Those other amenities are still under construction.

Don't get too used to the facility's name. Gerlitz said the naming rights for both sheets of ice, the change rooms, and the facility itself are up for grabs.

CINDY GLADUE

Appeal court reviews trucker's acquittal

The Alberta Court of Appeal is hearing arguments on whether to overturn a controversial acquittal of an Ontario trucker charged with killing an indigenous woman.

Last year, a jury found Bradley Barton not guilty of first-degree murder in the death of Cindy Gladue, a 36-year-old sex trade worker who was found dead in a bathtub in an Edmonton motel room in 2011.

Gladue bled to death after a night of what Barton called

consensual, rough sex.

But Crown prosecutor Joanne Dartana criticized the trial judge's charge to the jury, saying he should have explained that Barton could have been found guilty of a lesser charge if he should have foreseen his actions would harm Gladue. That would

have opened the possibility of a sexual assault conviction, she said.



"Is a prostitute not entitled to the same degree of protection?"

Catherine Fraser

Chief Justice Catherine Fraser agreed the trial judge's instructions to the jury were confusing.

One the one hand, the law

says people are not allowed to consent to being harmed. On the other, the judge said the Crown had to prove that Barton intended to harm Gladue.

"What's the jury supposed to make of this?" she asked.

Fraser pointed out previous decisions have thrown out consent as a defence in cases of voluntary fist-fights.

"Is a prostitute not entitled to the same degree of protection as two guys fighting on street?" she asked. THE CANADIAN PRESS

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Olympic riders ready for the next obstacle

SPRUCE MEADOWS

Calgarian Kara Chad and team to compete in Masters tourney



Aaron Chatha
Metro | Calgary

Show jumper Amy Millar is back from her Rio Olympics adventure ready to compete in the Spruce Meadows Masters tournament this week.

"This summer, with this horse, has been about having new and bigger experiences," she said.

Though her horse Heros and their team narrowly missed the team bronze medal in Rio, Millar, daughter of 10-time Olympian Ian Millar, believes the experience will give her a leg up going forward.

"The energy of the Olympic games is something you almost can't describe," she said. "All those amazing athletes around, being in that environment, it brings you to a different level."

She'll be competing alongside teammate Eric Lamaze, who was one rail away from the individual gold medal in Rio and left Brazil with an individual bronze medal around his neck.

The Spruce Meadows Masters — the world's richest team show jumping event — runs from Sept. 7 to 11, bringing elite athletes from around the globe to compete in the city.

The final day of the tournament includes the CP International Grand Prix, part of the Rolex Grand Slam of show jumping —



Fresh from flying to Rio as an alternate, Kara Chad and her horse Belinda prepare for the Spruce Meadows Masters tournament. AARON CHATHA/METRO

with a potential individual prize of \$2 million. The tournament will also host the Nations' Cup, running on Saturday, with teams from 10 countries in a two-round competition course.

Representing her hometown this week is Calgarian Kara Chad, who went to Rio as an alternate with her horse Belinda. She hopes this week she can show why she'll be jumping for the gold herself in the future.

"Of course, I wish I was competing (in Rio), but I know one day I'll be there," she said, adding it was an incredible learning

experience regardless.

"I have two great horses here — Gin Tonic and Belinda. I think we're going to have a really successful week."

This will be Chad's first Masters and first Nations' Cup tournament.

Beyond the prizes and the prestige, both riders said the real reason they compete is to build a bond with their equine partners.

"Working with these amazing animals is what it's all about," said Millar. "They're so kind and talented, and every day is a new challenge."

+ FUN FACTS

■ More than 1,000 horses and 20 nations competed at Spruce Meadows over the summer

■ More than 200,000 attendees are expected to watch the Masters

■ The last winner of the CP 'International' was Scott Brash from Great Britain

STUDENT LIFE

University ceremony honours indigenous people



Mathew Silver
For Metro | Calgary

They called it The Grand Entry. Over 1,700 new Mount Royal University students marched with their faculty through Cougar Concourse to a chorus of cheers from MRU staff, and that was more than enough for the student orientation to live up to its billing.

The stampede of students was preceded by a welcome ceremony, which featured keynote speaker Frank Warren, the creator of the PostSecret website.

Warren prepped incoming students with a humorous presentation called "Grad Secrets," before they walked through a



Students march through Cougar Concourse surrounded by staff and faculty as part of Mount Royal University's New Student Orientation. MATHEW SILVER/FOR METRO

gauntlet of approving faculty.

With an opening meant to welcome and honour aboriginal and non-aboriginal students into

their first year, the theme of The Grand Entry was inclusivity.

The procession included dancers dressed in traditional in-

digenous garb, and the Turning Robe Singers — a Siksika drum and singing group.

According to Dion Simon, the cultural adviser for the event, there are more than 500 students at MRU that self-identify as indigenous, and his job is to ensure that cultural process can continue for students.

"If students can be submerged in their culture, they can maintain their culture," he said.

Shifrah Gadamssetti, the president of the MRU student association, said that the institution changed the welcome ceremony for a couple of reasons.

"We strived to create a spirit of indigenization and to honour the land that we are on," said Gadamssetti.



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Residents upset by tree-planting plan

BRENTWOOD

Many worrying about crime, lack of contact from the city



Mathew Silver
For Metro | Calgary

As the old adage goes, there are two sides to every story.

ReTree YYC, a city project dedicated to restoring the Calgary tree population, came to a sudden halt on Monday when residents of a Brentwood community began protesting the addition of 15 new trees in their local park.

And while you may have already taken a stance on the controversy, Ian Burgess, a resident of the neighbourhood, insists that you just haven't heard the whole story.

"If you lived here and had your truck broken into a couple times, or had people prowling

around your property, you would be concerned if the sightlines were reduced," he said.

Burgess said crime has been a consistent problem in the neighbourhood, and mentioned that just two weeks ago he received an email from the Calgary Police Service warning residents about a recent spate of break and enters in the area.

He also mentioned that residents were frustrated by a lack of public engagement about the project.

"Ninety percent of politics are local. If something is going to affect residents on a certain street, you're going to want them to be engaged," he said.

According to him, only one person in the neighbourhood knew about the planting.

A string of emails that was provided to Metro showed that even the president of the Brentwood Community Association

was unaware.

Jeannette Wheeler, leader of the urban forestry department, offered a much different account.

"We did quite a bit of engagement with that community. They overwhelmingly came back and said we want trees planted here," she said.

She also said that there is no correlation between trees in parks and increased crime.

"It's the exact opposite," she said, "the University of Washington has done several surveys on this. People have a greater sense of safety where there are a lot of trees. There is less aggressiveness and less violence in the neighbourhood."

Wheeler said that the city plans to continue planting the remainder of the trees in the neighbourhood, something that Burgess has no choice but to accept. "At least we know now," said Burgess.

“

Ninety percent of politics are local.

Ian Burgess



Ian Burgess, a resident of a street that borders an unnamed park in Brentwood, points to some of the sightlines that will be reduced in the neighbourhood when the trees grow. He said that reduced visibility would allow for increased crime. MATHEW SILVER/FOR METRO

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Canada not perfect on rights: PM

POLITICS

Trudeau raises concerns with China's elites

When Justin Trudeau raised concerns directly with China's political elite about their human-rights record, he says he acknowledged Canada isn't perfect.

The prime minister shared more details Tuesday about his high-level talks last week with Beijing, sessions that included face time with President Xi Jinping and Premier Li Keqiang.

Trudeau told a business luncheon in Hong Kong that he brought up his concerns in those meetings, ranging from consular cases, rule of law, governance and corruption.

"(I) talked about the challenges, but also talked about the fact that Canada is not immune to criticisms on human rights, either," he said during an on-stage interview hosted by the Canadian Chamber of Commerce in Hong Kong.

"The perspective that a lot of countries have is, 'Well, you know, foreign countries or foreign observers shouldn't be criticizing what are internal

matters to us.'"

He said he pointed out how a UN rapporteur put out a "scathing report" a few years ago on Canada's treatment of Indigenous Peoples, of missing and murdered aboriginal women and girls and other challenges.

Trudeau's Hong Kong event came on the last day of his eight-day official visit to China, a trip that also included stops in Beijing, Shanghai and Hangzhou for the Group of 20 leaders' summit.

His primary goal of the visit was to strengthen commercial ties with the Chinese regime. He repeated his argument Tuesday that Ottawa's connection to China was "hot and cold" when the Conservatives were in power.

With Canada struggling through an extended period of weak growth, the government sees expanding the relationship with China as a key to helping the economy.

His appearance Tuesday in Hong Kong followed a landmark election result in the southern Chinese city that saw a group of young pro-democracy activists win seats in the local legislature.

THE CANADIAN PRESS



Sophia Spencer poses for a photo with her grasshopper named Hoppers in Alexandria, Ont. Her mother tweeted about her daughter's love of bugs and the post went viral. TORSTAR NEWS SERVICE

CREEPY CRAWLIES

Entomologists rally around bullied girl

Seven-year-old Sophia Spencer loves bugs so much she had her hair cut short so it wouldn't get in the way while she was catching them.

She keeps more than a dozen pet grasshoppers in a dinosaur bucket and Mason jar at home. Last year, her favourite bugs were snails, and the year before that she was fascinated with worms and ants.

After moving from Sarnia to Alexandria, Ont., and switching schools, her obsession with insects set her apart from the other kids and made her the butt of cruel jokes, according to her mom, Nicole.

The teasing started on the first day of school. Sophia was carrying a caterpillar around and talking to it, as she's prone to do, when a girl said: "You're

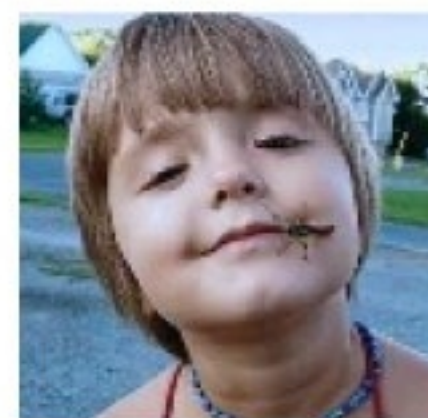
weird. You shouldn't be playing with bugs."

The bullying only got worse, Nicole said. When Sophia brought another caterpillar to show-and-tell, a boy asked to see it after — then stomped on it.

"Nobody would go near her," her mom said.

She notified Sophia's teachers and still nothing changed, she said. The bullying had taken such a toll on her daughter's confidence that she wrote a heartfelt email to the Entomological Society of Canada. She asked the society to arrange a chat between Sophia and an insect specialist, to encourage her love of bugs.

"I want her to know from an expert that she is not weird or strange (what kids call her) for loving bugs and insects," Nicole wrote.



Sophia and Hoppers

TORSTAR NEWS SERVICE

The email found its way to Jackson Morgan, the society's social media volunteer and a PhD student in entomology at Guelph University.

"I was heartbroken," he recalled. "I don't like hearing about anybody being bullied, especially about something I'm passion-

ate about."

He posted the email to Twitter, where it grabbed the attention of entomologists internationally.

By Friday, more than a hundred people agreed to be her pen pal, said Morgan. The social media discussion took on a life of its own under the hashtag #BugsR4Girls as entomologists the world over posted words of encouragement and pictures of themselves with creepy crawlies.

"I was inspired by brilliant female entomologists & I hope that I can do the same for others," tweeted Ashleigh Whiffin, an entomology curatorial assistant at the National Museums of Scotland.

All the messages have lifted Sophie's spirits and made her feel "famous," her mom said.

TORSTAR NEWS SERVICE

INFRASTRUCTURE

Change rules, cities ask federal government

Canadian municipalities want the federal government to change the way it decides how much money cities should get for transit and water projects. The

changes outlined in June to the federal infrastructure minister would potentially give more money to smaller communities to help them build transit or improve septic systems.

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STANFORD RAPIST

Turner registers as sex offender in Ohio

The former Stanford University swimmer whose six-month sentence for sexually assaulting an unconscious woman sparked a national outcry has registered as a sex offender in Ohio, where he's living with his parents.



Brock Turner

Brock Turner registered at the Greene County sheriff's office on Tuesday, four days after leaving a California jail after serving half his term. Cali-

fornia jail inmates with good behaviour typically serve half their sentences.

Turner registered under his family's address in Sugarcreek Township, where about a dozen people had protested Friday as police watched.

The 21-year-old must register as a sex offender for life. He faces three years of supervised probation. THE ASSOCIATED PRESS

MEXICO

Hurricane Newton slams into resorts

Hurricane Newton shattered windows, downed trees and knocked out power in parts of the twin resorts of Los Cabos on Tuesday, but residents were spared the kind of extensive damage seen two years ago when they were walloped by a stronger storm.

Newton made landfall at the southern tip of Mexico's Baja California peninsula in the morning as a Category 1 hurricane with winds of 150 km/h, pelting the area with torrential rain as residents hunkered down in their homes and tourists huddled in hotels.

Palm trees were toppled along Cabo San Lucas' coastal boulevard and some windows were broken. But there was calm in the city as firefighters cleaned refuse from the streets during the day.

"There are only minor damages — fallen branches, some

fallen banners, some cables ... in general, no victims," army Col. Enrique Rangel said.

"Just trying to make it through the day, with a little help," Mark Hernandez, a tourist from California, said as he raised a can of beer at one of the few bars open in Cabo San Lucas. "We pray for the city of Cabo San Lucas. It was a rough one as you can see."

Roberto Dominguez, a customer relations worker at the Fairfield Marriot, said the hotel's windows and balconies had been sufficiently protected from the storm and guests were fine, although cellphone and internet services had been knocked out.

"At this moment there are no reports of people killed or missing due to Hurricane Newton," said Luis Felipe Puente, head of Mexico's civil defence agency.

THE ASSOCIATED PRESS



People ride bikes during the passage of Hurricane Newton in Baja California Sur, Mexico. AFP/GETTY IMAGES

IN BRIEF

Thirteen killed in bloody weekend in Chicago

Thirteen people were shot to death over the Labor Day weekend in Chicago, making it the deadliest holiday weekend the city has experienced in decades. Police have not released a final tally, but local media reports at least 65 people were shot, including the 13 who died. THE ASSOCIATED PRESS

Testimony of 13 additional women sought in Cosby trial

Prosecutors hoping to paint actor Bill Cosby as a serial predator at his upcoming sexual-assault trial sought Tuesday to put on testimony from 13 other women who say Cosby gave them quaaludes, other drugs or alcohol before molesting them. THE ASSOCIATED PRESS



The two presidential candidates are sending conflicting messages to voters. THE ASSOCIATED PRESS

A game of political he said/she said

U.S. ELECTION

Clinton argues he's a national security danger; To Trump, she is

Hillary Clinton accused Donald Trump of insulting America's veterans and pressing dangerous military plans around the globe on Tuesday, seeking to undercut his appeal to service families in Southern voting battlegrounds. Trump declared "our country is going to hell" because of policies she would make even worse.

Clinton, addressing supporters in Florida, warned that Trump would lead the nation back to war in the Middle East. And to military vets and their

families, she pointed anew to his summertime dust-up with the Muslim parents of a slain American soldier.

"His whole campaign has been one long insult to all those who have worn the uniform," the Democratic nominee said at the University of South Florida in Tampa.

Republican Trump, trying to emphasize his military support, released a letter from 88 retired generals and admirals citing an urgent need for a "course correction" in America's national security policy.

It was aimed at rebutting Clinton's arguments that she would be best positioned to lead the military and reassuring Republicans who have openly worried that his provocative statements might

undermine U.S. alliances.

"We believe that such a change can only be made by someone who has not been deeply involved with, and substantially responsible for, the hollowing out of our military and the burgeoning threats facing our country around the world," the military leaders wrote.

"For this reason, we support Donald Trump's candidacy to be our next commander in chief."

Clinton pushed back, saying Trump has lagged in securing key military supporters compared to past Republican nominees.

She pointed to her endorsements from retired Marine Gen. John Allen, who blasted Trump at the Democratic

National Committee, and former CIA deputy director Mike Morell.

"They know they can count on me to be the kind of commander in chief who will protect our country and our troops, and they know they cannot count on Donald Trump," Clinton said en route to Florida. "They view him as a danger and a risk."

The conflicting messages came as the candidates prepared to appear at an MSNBC forum Wednesday night on national security. While they will appear separately and not be on stage at the same time, it could serve as a warm-up to their highly-anticipated first presidential debate on Sep. 26 in New York.

THE ASSOCIATED PRESS

MIDDLE EAST

Chlorine bombs dropped in Syria: Activists

Syrian activists and rescue workers in the rebel-held part of the contested city of Aleppo said that government warplanes dropped suspected chlorine bombs Tuesday on a crowded neighbourhood, injuring dozens.

The report could not be independently verified and it was not clear how it was determined that chlorine gas was released.

Accusations involving use of chlorine and other poisonous gases are not uncommon in Syria's civil war, and both sides have denied using them while

blaming the other for using it as a weapon of war.

In Tuesday's attack, a medical report from one of the hospitals in the besieged eastern rebel-held part of Aleppo was shared with journalists via text messages. It said at least 71 persons, including 37 children and 10 women, were treated for breathing difficulties, dry cough,

and that their clothes smelled of chlorine. The report said 10 of the patients are in critical care, including a pregnant woman.

Ibrahim Alhaj, a member of the Syria Civil Defence first responders' team, said he got to the scene in the crowded al-Sukkari neighbourhood shortly after a helicopter dropped barrels containing what he said

were four chlorine cylinders.

He said he himself had difficulty breathing and used a mask soaked in salt water to prevent irritation.

At least 80 civilians were taken to hospitals and treated for breathing difficulties, he said. A video by the rescuers shows children crying and men coughing.

"Most of those injured were women and children," he said in a telephone interview. "It is a crowded neighbourhood."

THE ASSOCIATED PRESS

“Most of those injured were women and children.”
Ibrahim Alhaj

Dog owners ditch dry food

PETS

Raw, cooked options trend becoming niche business

It seems like kismet that one of the inspirations behind Planet Pup, a Winnipeg dog bakery, was a pooch named Biscuit.

Deb Kurdydyk, who runs the business from her kitchen, said the idea came to her after she started cooking hot organic meals for her Shepherd-Rottweiler mix and wondered, why not start baking cookies and cakes too?

Planet Pup specializes in bone-shaped dog biscuits and birthday cakes. The treats, which are sold online and at some select local retailers, come in a variety of flavours including Wild Pacific salmon and smoked gouda, and elk, apple and blue cheese.

The niche business and others like it are hoping to corner a market that may be poised to grow in the future.

According to market researcher Euromonitor, pet



Karen Schiavone, pictured in her Toronto store Barkside Bistro which specializes in raw dog food, is one of many hoping to corner a market that may be poised to grow. THE CANADIAN PRESS

owners in Canada are still opting for prepared food due to convenience, but a rising number are turning to organic and raw pet food.

A Euromonitor report released in June says while prepared dog food accounted for an 87 per cent share of total dog

food consumption last year, that is expected to decrease this year.

"As Canadians become more aware of the health impact of their diets and lifestyles so too are they paying greater attention to the diets and lifestyles of their pets," said the report, titled Dog Food in Canada.

Last month, J.M. Smucker Co., a U.S. manufacturer of pet food, jams and other products, reported that sales in its pet food division declined six per cent due to a growing popularity of premium brands.

The company, known for its Kibbles 'n Bits brand, said

it still believes pet food is a growth area, with the pet population expected to rise as more millennials and baby boomers adopt pets.

The issue, said J.M. Smucker, is that more pet owners are looking to feed their animals food with higher protein levels and simpler ingredient lists.

Karen Schiavone has been selling raw dog food at Barkside Bistro in Toronto's east end for three years after her two dogs died on the same night, both from cancer.

"I realized it was probably the food," said Schiavone, who also offers a delivery subscription service.

Barkside sells a variety of bones and meats, including beef, duck, elk, buffalo and kangaroo. She said the difference between buying raw dog food versus going to a butcher is being able to portion out the right amounts of bone, meat and organs for each meal.

Meghan Elenbaas, president of Lucky Dog Cuisine Canada, said people want to know exactly goes into their dog's food and are now more willing to pay for it.

THE CANADIAN PRESS

AUTOMAKERS

Unifor picks GM as target in contract negotiations

Unifor, which represents auto workers in Canada, announced Tuesday that it has selected GM as its target company in the opening round of "pattern bargaining" contract talks with the Detroit Three automakers that includes Ford and Fiat Chrysler. Unifor president Jerry Dias said GM was chosen because it poses the biggest challenge in terms of hammering out a deal. THE CANADIAN PRESS

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FISHERIES

EU closer to banning American lobsters

The European Union will conduct a more extensive review of a proposal to ban lobsters imported from the U.S. and Canada after a scientific panel concluded Sweden raised valid points in its request to declare the American lobster an invasive species.

The international dispute

started when Sweden announced it had found 32 American lobsters in the country's waters earlier this year and that they pose a threat to native crustaceans. How the American lobsters ended up in Swedish waters is unclear.

Sweden's Agency for Marine

and Water Management contends the country is right to be cautious about the appearance of a foreign species.

The agency also says more research is needed into the impact of cross-breeding of American and European lobsters.

But Robert S. Steneck, a Uni-

versity of Maine scientist, contends American lobsters don't pose a threat to European lobsters in part because winter ocean temperatures along the coasts of European countries are too warm for American lobsters to reproduce.

THE ASSOCIATED PRESS

+ CANADA VOWS TO FIGHT EU PLAN

Canada's Fisheries Minister Dominic LeBlanc says the Canadian and American governments will "vigorously" try to convince the European Union that the American lobster does not pose

a threat.

Lobstermen in the U.S. and Canada stand to lose \$200 million in business with EU countries if the ban becomes a reality, but they contend a ban is not supported by science. THE CANADIAN PRESS



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WHAT'S NEW AT ST. MARY'S UNIVERSITY

FALL 2016

Who we are

St. Mary's University, located in South Calgary, is an innovative teaching and research university that provides accredited degrees in the Liberal Arts, Sciences, and Education. We are an independent Catholic Liberal Arts university, open to all, and focused on developing the whole person: mind, body, and spirit. Students are inspired to combine academics with a passionate commitment to ethics, social justice, and respect for diversity of opinion and belief. Through the pursuit of knowledge and service to the community, we prepare our students to become lifelong learners, engaged citizens, and compassionate members of society.

Our campus offers a vibrant student life with the opportunity to participate in many extra-curricular activities including: drama and choral programs, student government and clubs, intercollegiate athletics (Alberta Colleges Athletic Conference), volunteer initiatives, and campus recreation activities. St. Mary's was established in 1986 and is celebrating our 30th anniversary in September of 2016. We will

be hosting several anniversary events and lectures throughout the year to celebrate this milestone in our history. Since its inception, St. Mary's University has experienced exponential growth, in the last three years alone enrolments have increased by nearly 50%. This staggering growth has led to our campus being one of the fastest growing of the 26 post-secondary institutions in Alberta. In response to growing demand for our high quality programs, our campus is also expanding. We are excited to announce the opening of our Heritage Centre on campus in the fall of 2016. This dynamic new space will bring together a number of our key programs and will offer the space required to allow for new programs and initiatives to flourish.

St. Mary's University offers an inclusive learning environment, high quality degree programs, and small class sizes. With an average of 25 students per class, your professors will know you by name and will encourage your growth on both an academic and personal level. As a student-focused university, your experience and success are our priority!

HERITAGE CENTRE



The Heritage Centre on campus, opening in the fall of 2016, is a dynamic teaching and research space, and brings together a number of our key programs. The 4,700 squarefoot space will provide students, faculty, and staff on campus with theater, performance, classroom, and group study space. These new research and learning spaces will reinvigorate our campus and provide innovative areas in which our students will learn, create, and grow.

stmu.ca

Degree Options

St. Mary's University
offers degree programs in:

- Bachelor of Arts degrees in: English, General Studies, History, Liberal Studies, and Psychology.
- Bachelor of Science degree in Biology.
- Bachelor of Education (Elementary) two-year after degree.
- University transfer programs are available to all St. Mary's students, with the exception of the Bachelor of Education program. Students can transfer up to 60 credits in 35 academic disciplines towards degree programs at other universities.

St. Mary's University has diverse course offerings, which are updated yearly to ensure high-quality programs that are relevant and topical. Some of the newest course offerings for the 2016-2017 year include:

Fall 2016

BIOL 451:	Biological Conservation
ENGL 353:	World Literatures
HIST 355:	Saints, Scoundrels and Scallagaws: Historical Biography
MGST301:	Consumer Behaviour and Social Media
SOCI 371:	Sociology of Families

Winter 2017

ART 325:	Italian Renaissance Art and Architecture
BIOL 417:	Tropical Biology and Biodiversity (also held in Belize during Reading Week)
ENGL 397.8:	Compassion, Sympathy, Empathy in Literature
MUSI 207:	Music Appreciation: The Fine Art of Listening
PSYC 463:	Sport Psychology

We also offer professional courses for
Catholic Educators including:

- Graduate Diploma in Religious Education (GDRE)
- Graduate Certificate in Catholic Educational Leadership (GCCLE)

The GDRE and GCCLE are credit programs for educators. The courses of both programs are credit bearing and may be submitted to the Teacher Qualification Service (TQS) of the Alberta Teacher's Association.

Scholarships and Bursaries Program

At St. Mary's University we believe that education is a right and not a privilege. St. Mary's philosophy of openness and inclusivity, that respects each individual person, includes the awareness that the cost of post-secondary can be a barrier to many pursuing their dream of further education. We believe that motivation, intelligence, talent, and commitment should not be limited by financial circumstances. St. Mary's is dedicated to ensuring that there are comprehensive opportunities through scholarships and bursaries for all deserving learners. Students pursuing post-secondary education are investing in their future. St. Mary's supports this investment through our Student Awards program. The Student Awards program makes a significant financial impact on award recipients by greatly reducing the cost of their university education at St. Mary's.



Did you know that **1 in 5** students at St. Mary's University are eligible for a scholarship or bursary?

Campus Life at St. Mary's

St. Mary's is committed to providing our students with access to high quality courses and academic programming, however we also believe that the university experience should include involvement in campus life activities. These activities range from: volunteering through our Students for Social Justice Club, participating in Student Government through our Student Legislative Council, participating on our Varsity Athletic Teams, to opportunities to partake in Choral and Drama programs. Students at St. Mary's will not only participate in rigorous course-work and research, but will have the opportunity through our dynamic campus life to pursue their passion, and find their voice.

Athletics

Much like our campus, our Athletics program is also growing. During the 2015-2016 season our women's basketball team made history. They had an 18-3 record, and placed second overall in the ACAC South Division and placed seventh nationally. The cross-country team also set new records, with a St. Mary's runner, Chris White-Gloria, qualifying for Nationals for the first time in our history.



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Upcoming Events



Ghost Tour & 30th Anniversary Celebrations

St. Mary's University will celebrate our 30th Anniversary on September 18, 2016. To recognize this momentous occasion we invite you to attend our annual Ghost Tour and Birthday Celebration. Eugene Stickland, St. Mary's Playwright in Residence, has developed a script that weaves in equal parts historical events and haunted encounters. The tour leads guests around our historical campus and includes a viewing of the Water Tower and Underground Tunnels. A fireworks display will wrap up the evening in celebration of our 30th anniversary.

September 15, 2016
St. Mary's Campus
\$10.00 Adults, Children under 12 FREE
Registration opens August 10, 2016
www.stmu.ca/ghost



Inspiring Conversations Speakers Series

Thursday, October 6, 2016
6:30pm – 9:00pm
John Dutton Theatre
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Book Launch

Please join us as we celebrate the launch of *Teaching for Democracy in an Age of Economic Disparity* by our Bachelor of Education professors Dr. Cory Wright-Maley and Dr. Trent Davis. The event will feature a lecture by both authors as well as a wine and cheese reception. Please visit www.stmu.ca/news for more information and to register for this free event.

30th Anniversary Mass

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St. Mary's University

Join us in celebrating our 30th Anniversary at this special mass.

Sunday, September 18, 2016, 2:00pm
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PAUL WELLS ON FEDERAL RESEARCH FUNDING



In giving \$900 million to only 13 institutions and a few dozen researchers, the Liberals highlighted some disturbing trends in Canada's national science effort.

At first glance, the parade of cabinet ministers on university campuses across Canada yesterday might have looked like evidence of a new era in federal support for science.

Scott Brison was on hand at Dalhousie University in Halifax, which will work with the University of Prince Edward Island and Newfoundland's Memorial University on a multidisciplinary ocean-studies project. The size of the grant from Ottawa: \$94 million.

Kirsty Duncan and Bardish Chagger were in Waterloo, where the Institute for Quantum Computing picked up \$76 million to create powerful new technology using quantum physics. And on it went: \$78 million for flood and drought prediction at the University of Saskatchewan. \$84 million for brain research at McGill, \$94 million for big data at the Université de Montréal, \$75 million for clean energy at each of Alberta's two biggest universities.

In all, 13 centres of higher learning split \$900 million in grants under the Canada First Research Excellence Fund (CFREF), whose website says it was designed to help Canadian post-secondary institutions become "global research leaders."

Specifically — and this fact was not emphasized at any of the announcements on Tuesday — it was designed in 2014 by the former Conservative government, whose finance

Does it make more sense to bet big on 13 research institutes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both.

minister at the time, the late Jim Flaherty, announced CFREF in his 2014 budget.

This tidbit should elicit a wry chuckle from anyone who's used to hearing the Harper government dismissed as a bunch of knuckle-dragging backwoodsmen at war with the Enlightenment. There was indeed a lot to criticize about how Harper did science, but those Liberal ministers were out there on Tuesday cashing Conservative

dozen researchers, serves to highlight some disturbing long-term trends in Canada's national science effort.

CFREF was created to allow big science in Canada to bulk up so it could compete against world-leading research institutions abroad. But it comes along at a moment when everyday science — the day-to-day efforts of researchers in labs across the country — has been struggling. The Harper government held the line on



DON'T SPEND IT ALL IN 13 PLACES Dalhousie University received a \$94 million cheque from the Liberal government yesterday, part of a \$900-million federal investment in scientific research. THE CANADIAN PRESS FILE

cheques.

(Since those cheques, whether red or blue, come out of your taxes, the difference is mostly one of dramatic effect. And this sort of policy continuity, where a new government implements an earlier government's decisions, is usually healthy, because it gives anyone who deals with government a chance to plan past the next election.)

But paternity is not the only interesting question to arise from yesterday's announcement. That \$900 million, distributed among only 13 institutions and a few

most operating grants to researchers, so fewer and fewer research applications have been receiving funding. The Canadian Institutes for Health Research, the main federal government vehicle for funding medical research, has seen its "success rate" fall to 13 per cent, and it will probably fall further.

That leaves a lot of frustrated and disillusioned scientists, many of them the younger early-career researchers who are entering precisely the period in their careers when most scientists do their most surprising

and productive work. Tony Pawson, the British-born cell biologist who died in Toronto in 2013, opened up a whole new field of lucrative and life-saving anti-cancer therapies with research that didn't cost much, showed little obvious promise, and began when he was 21.

Michael Hendricks, a McGill University biologist, pointed out yesterday that with \$700 million — less than the amount that was spent yesterday — Ottawa could fund "1,000 Canadian research labs that are already equipped and ready to go but are starved for operating funds."

Does it make more sense to bet big on 13 research institutes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both. It's not as though the Trudeau government is ignoring the question: a federal review of science funding is underway, led by former University of Toronto president David Naylor, with a mandate to report by the end of the year.

Naylor is a pit bull, and his panel's website suggests it's considering precisely the sorts of questions I've raised here. But its composition is weighted toward administrators over early- and mid-career researchers, and decisions are being made even as it does its work. It will do little good to decide, after \$900 million has been spent, that other choices might have been wiser.

Strong day-to-day advice might help while the expert panels do their consulting. But 10 months after the government was sworn in, Trudeau and his science minister have not appointed a senior federal science adviser, something they promised to do in the last election.

Paul Wells is a national politics columnist for the Toronto Star.

Mansbridge's successor: A gravitas-meister for the rest of us, let's hope



Vicky Mochama
For Metro

Flagship television news hasn't evolved much from its origins.

For most channels, news is still read by a person who is often a white man in an expensive suit. After some gravitas-laced reading aloud, he will throw over to a handful of correspondents dotted across the world then to a weather person. Then he'll wrap up with a lighter story.

"And finally, a waterskiing parrot has raised over \$2,000 for the children's hospital. Our correspondent reports."

For Canadians, our Head of Gravitas has been Peter Mansbridge, CBC's host of The National, who has announced that he will longer host the flagship news show as of Canada Day 2017.

In 1993, Mans — as he's called by his very close friends/me — introduced Canadians to "a computer network called Internet." It's been 23 years now and it's time for the Internet to replace him. Video supposedly killed the radio star and yet we still know who Ira Glass and Anna Maria Tremonti are. So, yes, in the future, we will have news anchors. Sort of.

Ideally, the CBC will be at the forefront of existing technology and find a way to bridge Snapchat's filters and Pokémon Go's augmented reality layers onto broadcast news. Since Nahlah Ayed is going to trek to a tunnel under the Israeli-Palestinian border, why not allow the

viewer to experience it from the safety of home? Maybe we can even keep Mans as a hologram, only now that reassuring voice and grey suit can wear a flower-crown filter.

Nothing from the CBC suggests that they have the ability to create a digital host. But on at least one front, they have the ability to push Canadian media past a major frontier: Do not give the National anchor job to another white man.

There's nothing essentially wrong with white men, but there are enough on TV at the moment, thank you very much. If you're not thrilled that a white man isn't reading the news, just wait an hour and a blinding array of white men can joke about the news on the late-night shows.

The CBC has a mandate to reflect Canadians back to Canada, and yet the corporation is incredibly white in a country that is at least a quarter visible minority. Recently, the CBC replaced Shad, a black man, with Tom Power, who is white, as host of Q. So they owe the Mansbridge replacement to the rest of us, who pay to see Canada reflected to us.

Peter Mansbridge exits the anchor's chair on Canada's 150th birthday. Let's step forward into our bright future by letting a person of colour tell my mom the day's sad news seven hours after I've read about it on Twitter.

Vicky Mochama is a writer and host of Commons, a political podcast. She can be reached at victoria.mochama@gmail.com

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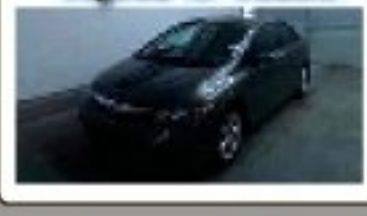
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BOOK EXCERPT MARTHA STEWART'S VEGETABLES

What grows together goes together



RECIPE

Get in the mood for autumn with this pork dish

Kitchen wisdom holds that produce that's in season at the same time will taste great on the same plate (what grows together, goes together, as the saying goes). Here, sweet potatoes, apples, and Vidalia onion are roasted along with pork chops for an autumnal one-pan supper.

The tubers soak up the pan juices — flavoured with apple cider vinegar, apple cider, and caraway seeds — that are also drizzled over each serving.

Roasted Pork Chops with Sweet Potatoes and Apples Serves 4.

Ingredients:

- 4 bone-in pork chops (each about 10 ounces and 1 inch thick)
- Coarse salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 medium sweet potatoes, scrubbed and cut into ¼-inch-thick rounds
- 1 large sweet onion, such as Vidalia, cut into ¼-inch-thick rounds
- 1/3 cup apple cider vinegar, preferably unfiltered
- 1/2 cup unsweetened apple cider, preferably unfiltered
- 1 teaspoon caraway seeds
- 2 apples, preferably Honeycrisp, thinly sliced, seeds removed

egar, preferably unfiltered

- 1/2 cup unsweetened apple cider, preferably unfiltered
- 1 teaspoon caraway seeds
- 2 apples, preferably Honeycrisp, thinly sliced, seeds removed

Directions:

1. Preheat oven to 375°F. Season pork with salt and pepper. Heat a large oven-proof skillet over medium high; swirl in oil. Cook chops until golden brown, turning once, about 8 minutes total. Transfer to a plate. Remove all but 2 tablespoons fat from skillet.

2. Reduce heat to medium. Add potatoes and onion; season with salt. Cook until golden in spots, about 10 minutes. Add vinegar and cider. Cover and simmer, stirring a few times, until potatoes are tender, about 5 minutes. Sprinkle with caraway seeds.

3. Return pork and juices to skillet; tuck apple slices between chops. Roast until a thermometer inserted into thickest part of chops (without touching bone) registers 138°F, about 10 minutes. Serve pork, vegetables, and apples with pan juices.



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**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Snack bars

Packing a back-to-school snack? Skip the chocolatey snack bars.

PICK THIS**Kellogg's Nutri-Grain Bar in Strawberry per 1 bar (37g)**Calories 130
Fat 3g**HERE'S WHY****SKIP THIS****Nature Valley Protein Peanut Butter Dark Chocolate Bar per 1 bar (37g)**Calories 190
Fat 11g**Equivalent to an Aero chocolate bar in fat**

Granola, breakfast and cereal bars are often marketed as healthy picks for an energy boost. Most are about as nutritious as a chocolate bar! With chocolate, sugar and palm oil, it's best to treat this Nature Valley bar as a dessert. If you need a quick grab-and-go snack for your bag, instead opt for the Nutri-grain bar. Its first ingredients are wheat flour and whole oats, and it has a third of the fat and less calories than the Nature Valley bar.

TRENDS**Cauliflower rice is going mainstream**

Cauliflower is white like rice and can apparently mimic its taste, too.

Swapping out the rice and potatoes in dishes with chopped-up cauliflower has gained traction with low-carb dieters. Now, struggling vegetable maker Green Giant is hoping the "cauliflower rice" trend will go mainstream and help it reverse years of declining sales.

Green Giant plans to start selling bags of frozen "Riced Veggies" made with cauliflower, as well as frozen "mashed cauliflower" at the end of September. It has been selling bags of fresh "Cauliflower Crumbles" that are a bit larger in produce sections for about a year.

Others are in on the trend, though, which could hamper Green Giant's ambitions. Trader Joe's began selling frozen "Riced Cauliflower" last year and a fresh version this year. Weg-

mans, a Northeastern American grocery chain, has been selling a house brand for a little over a year. U.S. grocer Kroger began rolling out "Cauliflower Pearls" similar to Green Giant's crumbles in select locations in July, with plans to make them available at its supermarkets nationally. Producer Taylor Farms notes overall cauliflower sales in the U.S. rose 13 per cent last year, and that people are using chopped cauliflower as a replacement in recipes for rice, mashed potatoes and pizza crusts.

To capitalize, companies are doing the prep work of chopping for what they hope is a growing legion of cauliflower heads. Whether the fad has staying power remains to be seen. In its food trends report based on searches between 2014 and February, Google listed cauliflower rice as a "rising star." That means it experienced sudden growth but might not last.

THE ASSOCIATED PRESS

**LIQUID ASSETS****A palate-cleansing white wine from the Kiwis**

When it comes to understatements saying New Zealand exploded on the international wine scene back in the late 1990s is on par with suggesting Justin Trudeau takes a good selfie. As the 20th century was drawing to a close red wines were all the rage. Bucking every trend, the Kiwi's flagship juice was white; pressed from the Sauvignon Blanc grape.

They single-handedly made white wine cool again and almost overnight its South Island region of Marlborough became a mecca for Sauvignon Blanc fans. But Marlborough isn't the only New Zealand region to grow the grape. Though known more for its sublime Syrah-based reds, the North Island's Hawke's Bay region is a SB up-and-comer with Matua's 2015 Hawke's Bay Sauvignon Blanc (\$15.29-\$19.99) a rollicking mix of tropical fruit, zesty lime and palate-cleansing minerality.

PETER ROCKWELL/METRO

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An easy way to make your salads more tasty

COOK THIS BLOG

Crunchy bread and soft mozzarella jazz up this veg dish

Joanna Goddard's popular Brooklyn-based lifestyle blog, A Cup of Jo (cupofjo.com) is written in a laid-back style, offering heart-warming relationship posts and weekly roundups of engaging links from around the web.

Her food section doesn't disappoint either, featuring recipes from various American chefs and foodies. In this case, Ashley Marti, a food stylist from Portland, Oregon, developed this savoury panzanella, a traditional Tuscan summer salad of bread and tomatoes.

As Goddard writes: "What's the easiest way to make a salad more delicious? You guessed it: bread."

This summery salad is full of flavour, from the sweetness of the tomatoes to the tang of the balsamic vinegar. There's also a pleasant contrast in textures — crunchy bread, soft mozzarella, juicy peaches. And it's so, so easy. This could be a fabulous salad to make ahead for lunch, since there's no lettuce to wilt under the vinegar, and would be delightful alongside grilled chicken or salmon at a dinner party. As the blog suggests, you can also mix up the ingredients. Perhaps toss in some olives, go carb-free and ditch the bread, or make it vegan by nixing the cheese and salami.

Peach and tomato panzanella

Ingredients:

- 1 loaf of crusty bread
- 4 tbsp (60 mL) olive oil
- 2 peaches
- 2 large heirloom tomatoes
- 1 cup (250 mL) cherry tomatoes
- 1/2 cup (125 mL) dry salami



A Cup of Jo features recipes from various American chefs, including this peach and tomato panzanella from Ashley Marti. TORSTAR NEWS SERVICE

- (sliced)
- 2 tbsp. (30 mL) balsamic vinegar
- 1 small package fresh mozzarella
- 1/2 cup (125 mL) fresh basil, chopped (save some leaves for garnish)
- Salt and pepper

Directions:

1. Preheat the oven to 425F. Tear the loaf of bread into ragged cubes and toss with a splash of olive oil and a pinch of salt and pepper. When the

oven is ready, place the bread cubes evenly on a tray and bake for around 8 minutes or so until they're a bit crisp. Remove them and let them cool.

2. Slice the peaches thinly. Cut the cherry tomatoes in half, and cut the large heirloom tomatoes into wedges. Slice the mozzarella (you can also chop it or rip it up, depending on the style you prefer.)

3. In a large bowl, toss together

the peaches, tomatoes, salami, basil. Add a splash of olive oil — or measure out 2 tablespoons — and a pinch of salt and pepper.

4. Once the bread has cooled, mix it with the tomato peach mixture. Add the balsamic vinegar and toss thoroughly.

5. Top the mixture with another splash of olive oil, mozzarella slices, a pinch of pepper, and a few basil leaves for a garnish. TORSTAR NEWS SERVICE

RIPLEY'S AQUARIUM

Drake, RiRi date spawns matching shark tattoos



Colin McNeil
Metro | Toronto

Rihanna may have Love on the Brain, but Drake has it on his arm. The 6ix God was recently spotted with a camouflage shark tattooed on his right forearm — the same ink that Rihanna recently showed off in an Instagram post. The significance?

Drake reportedly rented out the entire Ripley's Aquarium for a private date with his love interest earlier this summer, in July. Rumour has it he bought her a stuffed shark, and the tat is a reference to the heartfelt gift. If that wasn't romantic enough, the musical power couple later took an affectionate selfie under the CN Tower. Now that's what we call Views From The 6.



Rihanna's bitten by love. INSTAGRAM/BANGBANGNYC

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RETIREMENT

Here's some things you may not know about Peter Mansbridge

Peter Mansbridge plans to step down from the anchor chair of CBC's *The National* after Canada's 150th birthday celebrations next July 1.

Mansbridge, 68, has held the post at CBC's flagship news program for almost 30 years.

His tenure includes covering every federal election since 1972 and anchoring all 10 since 1984. He has also hosted eight Olympic opening ceremonies, most recently in Rio last summer.

Here are a few facts about Mansbridge:

How he began

It's true: Mansbridge's broadcast career began in singular fashion in 1968, when he was working in the Churchill, Man. airport. He was a 19-year-old baggage handler at the time, filling in on the intercom. The station manager at the local CBC radio station heard his baritone over the intercom and offered him a job on-air. Mansbridge worked on CBC Radio's news service to the North and, by 1976, he was covering Parliament Hill.

Rambling childhood

He was born July 6, 1948 in London, England, into a foreign service family and spent much of his



Peter Mansbridge plans to step down as anchor on CBC's *The National* after Canada's 150th birthday celebrations next July.

TORSTAR NEWS SERVICE FILE

early childhood in Kuala Lumpur in the Federation of Malaya (now Malaysia). He moved to Canada as a child after his father took a job in Ottawa with the Canadian government. He didn't make it to the end of Grade 12, dropping out to join the navy.

He was honourably discharged.

Higher education

He doesn't have a high school diploma and didn't attend journalism school. He does have nine honorary degrees and was named Chancellor of Mount Al-

lison University in New Brunswick in 2009.

Toughest interview

He has particularly non-fond memories of an interview with former British prime minister Margaret Thatcher. "Few things go wrong, but when they do they're kind of catastrophic," he recalled to *Toronto Star's* Antonia Zerbisias. "I remember interviewing Margaret Thatcher and it was just a disaster. It was when she was on a book tour after she got out of the job (as British prime minister) and

she kept accusing me of not having read her book, which sadly I had and it was brutal ... and I don't think she even wrote it. That was just one of those really awkward interviews that I didn't handle well. It was just bad."

Mentor and big brother

Mansbridge was offered a co-hosting spot by CBS on *This Morning* in November 1987 and there were reportedly big bucks attached. Knowlton Nash, then lead anchor of *The National* and chief correspondent of CBC News, offered to step aside to keep Mansbridge north of the border. Mansbridge assumed the chief correspondent and lead anchor role in May 1988, replacing Nash.

Mansbridge once told the *Star* that Nash was "everything from a big brother to a colleague to an uncle to a really good friend to a mentor."

No shocker he's leaving

"I've made it very clear to everybody that I have no intention of doing this job with a '7' in front of my age," he told the *Star's* Vinay Menon in May 2014. He added: "When I started, a young person would stop me and want a picture because they were a huge fan," he says. "Then it became, 'My mother loves you. I need to get a picture.' Now the thing that's starting to creep in is, 'My grandmother loves you.' So you kind of know the direction this is going."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

Episode is a total spoiler

THE SHOW: *American Gothic*, Season 1, Episode 11 (Global)
THE MOMENT: The complete recap

"You need to know the whole story," Boston matriarch Madeline Hawthorne (Virginia Madsen) tells three of her grown children — Alison (Juliet Rylance), who wants to be mayor; Cam (Justin Chatwin), a recovering drug user; and Tessa (Megan Ketch), pregnant and fragile — about the local serial murderer known as the Silver Bells Killer (SBK).

Meanwhile, while digging up a body, Madeline's other child, Garrett (Antony Starr), hunky and troubled, tells the same story to Tessa's husband Brady (Elliot Knight), a cop.

"The man you pushed down the stairs was SBK," Madeline intones.

"I kept the knife as a reminder that I had to do what I did," Garrett growls.

"So Dad wasn't SBK, he was a copycat," Cam deduces.

"He killed to protect his fortune," Alison adds.

"Why didn't you tell us when we found the bells?" Tessa wonders.

"Or when his DNA matched the belt?" Alison asks.

This is one of the strangest hours of TV ever. Instead of the usual mystery series route — seed clues through the series; let viewers figure stuff out along the



Virginia Madsen (Madeline Hawthorne) tells everyone whodunnit. CONTRIBUTED

way; build to a finale that reveals answers via plot — this one just throws up its hands and says, "That's hard. How 'bout I simply tell you everything all at once?"

The real question isn't, Why didn't Madeline tell her kids this earlier and spare them a lot of grief? The real question is: Why the heck is she telling us this now, since it renders the entire season we just watched absolutely moot?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Olympians eye world's richest tournament at Spruce Meadows

From modest beginnings in 1976, the Spruce Meadows 'Masters' has become the world's richest show jumping tournament, with more than \$2.5 million in prize money up for grabs over four days that gathers some of the best riders from around the globe.

"Certainly in years that feature the Olympics it provides a great opportunity for Canadians to see the best in the world compete," says Ian Allison, senior vice-president at Spruce Meadows.

Indeed, there's no rest for the world's top riders, who were in Rio just a few weeks ago. Hoping to nab a third Nations' Cup will be the Canadian contingent, who came within a rail of bringing home the team show jumping bronze in Rio. Eric Lamaze — who won the individual Olympic bronze last month — as well as Tiffany Foster and Amy Millar make up the team who will be trying to capture the \$350,000 BMO Nations' Cup on Saturday.

The Canadians have only won the Nations' Cup at Spruce Meadows twice — once in 2006 and again in 2014. They'll be up against some tough competition: The Brits, who seem to have

Schedule and admission

- Spruce Meadows 'Masters' runs from Sept. 7–11.
- BMO Nations' Cup starts at 2 p.m. on Saturday, Sept. 10.
- CP International presented by Rolex starts at noon on Sunday, Sept. 11.

Admission for rush seating is \$5 for adults/teens and free for seniors (65+) and children (12 & under).

good luck in the International Ring, with 10 Nations' Cups to their name over the span of 40 years, and the Brazilian team, who, in 2015, its first year competing as a team, took home the title.

The top Olympic performers are headed to Calgary in the hopes of continuing their winning season: France is bringing their Olympic gold medal team and the United States will have their silver-medal-winning team out



CONTRIBUTED

looking for another title.

"It's a fierce competition and a tough thing to win," says Allison.

The BMO Nations' Cup kicks off at 2 p.m. on Saturday.

On Sunday beginning at noon, individual riders will compete in the CP International presented by Rolex. In this competition alone, there is a potential \$2 million purse for the top rider. This is one part of the Rolex Grand Slam

of show jumping — a trio of difficult and prestigious competitions set at Spruce Meadows, Aachen (Germany) and Geneva (Switzerland).

When asked about the Canadian riders' prospects at the Masters, Allison says: "You can't ever knock out the Europeans or Americans, but Canada and the horses came out of the Olympics in good form and there's the added inspiration of competing on home turf. It should bode well for them."



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The line between bling and beauty



REVIEW

C-Class had to be great—and fortunately it is



Sami Haj-Assaad
AutoGuide.com

With the A5 needing a refresh and starting to look old in the eyes of some socialites and the 4 Series lacking the style and sportiness that drivers in this segment are looking for, Mercedes-Benz is offering a shining star in its C-Class Coupe.

While the last generation C-Class Coupe showed up a few years after its sedan counterpart hit the market, this new-gen model is hot on the heels of the launch of the new sedan; it seems like Mercedes is eager to strut its stuff in this interesting market segment.

The luxury coupe competition has become stale and the only fresh new vehicles are coming from unusual sources, like the new, but polarizing Lexus RC. To turn that trend around, the new C-Class Coupe has to be fantastic. Fortunately, it is.

First impressions are important, and the C-Class walks a fine line between bling and beauty. While many of the test vehicles featured the brand's usually excessive looking diamond chrome grille option, these cars didn't look garish at all.

Eighteen-inch wheels and other aggressive exterior appearance parts also helped the C-Class Coupe maintain a striking visual presence.

Sleek from all angles, this Coupe easily stands out alongside the bigger, more expensive Mercedes vehicles and coupes. The C-Class no longer has a second class design or a cheap interior; Mercedes' new interior design language is among the best in the market.

Circular vents are accented by chunky, toggle-like switches and if the car features the upgraded Burmester audio system, the speaker grilles are like little art installations in their own right.

With its competition from BMW and Audi now stale, the introduction of the new C-Class is a refreshing sight in this niche segment.

While the A5 and 3 Series Coupe have enjoyed success in the past, it's clear that the Mercedes C-Class Coupe is now the best two-door luxury car on the market.

THE CHECKLIST | 2017 MERCEDES-BENZ C300 COUPE

THE BASICS

Engine: Turbo 2.0-litre four-cylinder
Power: 240 hp and 38 kg/m of torque
Transmission: Seven-speed automatic
Price (CAD): Starts at \$48,100



LOVE IT

- Great style
- Beautiful interior
- Solid engine

LEAVE IT

- Seats could be better
- Sport suspension is too harsh



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5 ALL-TIME HOTTEST CARS, ACCORDING TO PAGANI

While the performance of Pagani's automobiles is hard to argue with, the design of these supercars is what makes them truly desirable. In the words of Horacio Pagani himself, the engineering and design of the cars go hand in hand. We chatted with the automaker's founder and CEO to ask him what he considers to be some of the most beautiful cars of all time. **SAMI HAJ-ASSAAD/AUTOGUIDE.COM**



1 Jaguar E-Type

The Jaguar E-Type is one of the few non-Italian cars on Mr. Pagani's list. Originally introduced in 1961, the E-Type uses a front-engine, rear-wheel-drive layout with a 3.8-litre inline-six engine under its long hood. Making 265 horsepower, the E-Type was more than just a pretty machine — it could move, too. Many designers reference the E-Type as a major influence, so it's not a huge surprise to see Mr. Pagani give some props to this British icon.



2 Lamborghini Miura

The Miura is celebrating its 50th anniversary this year, and it was a major talking point during 2016 Monterey Car Week festivities. Many Miura owners were proudly displaying their Italian supercars throughout the week. The Miura has a place in history as being one of the first high-performance, mid-engined cars ever. It practically invented the term supercar, so it's no surprise to see it here on Mr. Pagani's list.



3 Mercedes-Benz 300SL Gullwing

The Mercedes-Benz 300SL Gullwing is another iconic car, but not one that gets a lot of credit among car designers. This choice must have been made by Mr. Pagani's inner engineer, because when the 300SL debuted, it was the fastest production car available. The 300SL was named for its unique gullwing doors, and you can see that inspired Pagani.



4 De Tomaso Pantera

The De Tomaso Pantera is one of the most misunderstood classics in supercar history. The combination of Italian styling with an American V8 is something that's hard to ignore, but many classic car connoisseurs balk at the quirky car. Fortunately, Mr. Pagani isn't one to deny this car's cool factor. Still, this is definitely a surprising entry on this list.



5 Lamborghini Countach

"Wild" would be the perfect one-word description of the Lamborghini Countach, the final car Mr. Pagani outed as a beauty in his eyes. Granted, you could describe the Huayra with the same word, but the Countach clearly did it first, arriving on the scene back in the mid-1970s with a V12 engine, just like the Pagani. The two cars will be known in history as being some of the most unique looking cars ever built.

RECOGNITION

2017 Lincoln MKZ wins top safety award



Jason Siu
AutoGuide.com

The 2017 Lincoln MKZ has earned the highest safety rating from the Insurance Institute for Highway Safety (IIHS).

The midsize luxury car shares its platform with the Ford Fusion, which also earned a Top Safety Pick+ designation from IIHS. Both cars had their front ends and bumpers modified to improve protection in frontal crashes

and now earn a good rating in the small overlap test, compared with an acceptable rating for earlier models.

Like the 2017 Ford Fusion, the MKZ is available with an optional front crash prevention system that earns a superior rating. In IIHS track tests, the MKZ was able to avoid collisions at 19 km/h and 40 km/h.

To qualify for Top Safety Pick+, the top award from IIHS, a vehicle must earn good ratings in the small overlap front, moderate overlap front,



The 2017 Lincoln MKZ. LEE BAILIE/TORSTAR NEWS SERVICE

side, roof strength and head restraint tests.

It also must have an avail-

able front crash prevention system that earns an advanced or superior rating.

+ WHEELS BRIEFS

Installing child seats getting easier, safety agency says

Three vehicles have earned a top rating of good+ on the Insurance Institute for Highway Safety's (IIHS) LATCH ease-of-use ratings.

The agency launched its ratings of child seat installation hardware in vehicles in June 2015, and at the time, most of the 102 vehicles that were rated scored poor or marginal. Now, 170 current models have been evaluated and most are good or acceptable. This year also marks the first

time a vehicle has received a good+ rating with the Audi Q7, Lexus RX and Toyota Prius all earning the highest marks.

"Frustrating child seat installations have become a familiar rite of parenthood," says Jessica Jermakian, an IIHS senior research engineer. "Unfortunately, these frustrations lead to mistakes that can have real consequences in the event of a crash. We're pleased to see automakers taking this issue seriously."

JASON SIU/AUTOGUIDE.COM



FIFA president Gianni Infantino is open to a 40-team World Cup in 2026, with several countries serving as co-hosts

Holtby takes 'long road' back to Team Canada

WORLD CUP OF HOCKEY

Vezina winner last played for country in 2007 at U18s

When Braden Holtby last represented Canada on the international stage it was almost a decade ago and he barely played.

The 26-year-old from Lloydminster, Sask., has been slowly inching upward ever since. From fourth-round pick of the Washington Capitals to starting net-minder in the NHL to Vezina Trophy winner and record-setter and back once more with Team Canada, this time as the likely next-in-line behind Carey Price at the World Cup of Hockey.

"It's a long road," Holtby said following the second day of World Cup training camp. "I just always focused on that next goal, that next level trying to get there. It's always been the dream to be here, so you never really think twice about it you just do what's necessary."

Holtby played eight minutes 50 seconds at his last international experience nine years ago (2007), the backup to future Colorado Avalanche draft pick Trevor Cann at the under-18 championships in Finland. The Canadians finished fourth that

year, despite boasting Steven Stamkos, Drew Doughty, and Logan Couture, all of whom would join Holtby again nearly a decade later on the latest incarnation of the Canadian World Cup team.

Doughty somehow remembers it all quite well, even down to the fact that Cann (who's yet to play an NHL game) and not Holtby, started. Couture recalled playing cards with Holtby in their Finnish hotel room, describing him as a goaltender who was long under the radar.

Holtby was passed over entirely for the world junior

"It's always been the dream to be here, so you never really think twice about it you just do what's necessary."

Braden Holtby

championships.

"Even back then I remember he was a good goalie," Doughty said. "Obviously to be on the under-18 team you've got to be

a really good goalie and I guess he's just taken that talent to another level. He's one of the best goalies in the league now."

Holtby was shocked when Canada invited him to their summer Olympic training camp in 2013, somewhat in awe of the talent around him. He knew he wasn't part of the top group at that point, then just a couple years into his career with Washington.

"I knew the ability was there," Holtby

said. "I just had to find it."

It didn't come right away. Holtby stumbled backward in the 2013-14 season (.915 save percentage) before leaping into the elite crowd with 41 wins, nine shutouts and a .923 save percentage two years ago. In capturing the Vezina last season, Holtby matched Martin Brodeur's single-season wins record, totalling 48 (in 12 fewer games than Brodeur) for the Capitals.

He doesn't look at his conquest as the league's top goaltender, nor his inclusion on Team Canada as turning points in a career that's always trended up. He circles back to the point when he first made it into the NHL, when he first realized he could compete for his ultimate goal: the Stanley Cup.

"And that's really the only focus," said Holtby, who went 48-9-7 last year as the Capitals were vanquished in the second round by Pittsburgh. "I'm not really too focused on other personal stuff."

THE CANADIAN PRESS

48

Holtby matched Martin Brodeur's single-season wins record last season.

RIO 2016

Hoops star chosen to wave the Maple Leaf

When David Eng made his Paralympic debut 12 years ago in Athens, coach Mike Frogley would jot down a word each day and pin that word on the wall.

They were words like "leadership" and "commitment," character traits Frogley wanted his players to embody.

They were words, Eng decided then and there, to live by.

"I started focusing on that," Eng said. "That was what I wanted to become, was that type of person."

The 39-year-old veteran of Canada's wheelchair basketball team has been chosen to carry the Maple Leaf into the opening ceremony of the Paralympic Games on Wednesday.

"He's a great representation of Canada, (he) embodies all the things that Canadians hold in the highest regard, his work ethic, his discipline, his commitment to the team," said Frogley, now the high performance director for Wheelchair Basketball Canada.

"Those are things all Canadians share in, so they share in him marching out holding our flag."

Eng is a two-time Paralympic gold medalist. THE CANADIAN PRESS



David Eng

THE CANADIAN PRESS



SEAN KILPATRICK/THE CANADIAN PRESS

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Broncos settle in with Siemian

NFL SEASON PREVIEW

Champs look to relative no name in Super Bowl defence

Peyton Manning's successor isn't Brock Osweiler or Colin Kaepernick or Mark Sanchez, all of whom had better off-season odds than NFL novice Trevor Siemian.

When Broncos GM John Elway declined to overpay Osweiler, Manning's longtime backup bolted to Houston 48 hours after his mentor called it a career. Elway quickly acquired Sanchez from the Eagles but he really had his eyes fixed on Kaepernick, who rejected a pay cut to facilitate a trade from the 49ers to Denver.

So, Elway moved on — and he moved up in the first round of the draft, selecting Paxton Lynch of Memphis, who very well might be the franchise's future.



Trevor Siemian spent last season soaking in Gary Kubiak's West Coast offence under the tutelage of Peyton Manning and Brock Osweiler. JUSTIN EDMONDS/GETTY IMAGES

The present, though, belongs to Siemian, a QB who won the starting job with a mix of brains and brawn, precision and poise, steadiness and spunk.

The Carolina Panthers will certainly try to unnerve Siemian in his first NFL start Thursday night in the 2016 season opener.

Thing is, nobody at Broncos

headquarters has ever seen the 2015 seventh-round pick get rattled.

Not when he was Osweiler's backup for two months last season when Manning was hurt.

“

Who is Trevor Siemian? He's super intelligent, he knows a lot of stuff and there's a reason that they named him the starter.

Kicker Brandon McManus

Not when he ran the scout team against Denver's destructive defence that brought home the Lombardi Trophy.

Not even when coach Gary Kubiak named him the starter. "He's the same guy: cool, calm and collected," said wide receiver Emmanuel Sanders.

"He's not going to change. He's not going to waver. I know that he wants to show the world, 'Hey, look at this guy out here, No. 13.' I think he can make plays and make all the throws." THE ASSOCIATED PRESS

+ ABOUT THE QB

■ Siemian was a high school star in central Florida as a QB and a third baseman.

■ He chose Big Ten school Northwestern as much for its academics as its athletics.

■ He played in 44 games for the Wildcats but started just 14 — yet still finished as the school's fourth-leading passer.

■ He tore an ACL in his final college game and that scared away plenty of teams but not the Broncos, who chose him with the 250th overall pick in 2015, after which Siemian declared, "I can't think of a better scenario" than to learn from Peyton Manning and Brock Osweiler.

IN BRIEF

Djokovic wins in two sets

Novak Djokovic moved into the U.S. Open semifinals for the 10th consecutive year when No. 9 Jo-Wilfried Tsonga stopped because

of a hurt left knee, the defending champion's third opponent to pull out with an injury. Djokovic won the first two sets 6-3, 6-2 on Tuesday night. THE ASSOCIATED PRESS

MLB

Yankees continue to close in on Jays

Brett Gardner made a leaping catch at the top of the left-field wall on Justin Smoak's bases-loaded drive for the final out, and the New York Yankees held on during a nervy ninth inning to beat the AL East-leading Toronto Blue Jays 7-6 on a misty Tuesday night.

A scramble September game with October implications seesawed to the last swing, and turned at the end in favour of the Yankees. New York won its third in a row and sent Toronto to its fourth

TUESDAY In the Bronx

7	6
YANKEES	BLUE JAYS

loss in five games.

At a season-high seven games over .500, the Yankees closed within 4-1/2 games of first place, their smallest deficit since April, and remained 3-1/2 back for the AL's second wild card.

THE ASSOCIATED PRESS

WORLD CUP QUALIFYING

Portugal misses star in loss to Swiss

European champion Portugal failed to overcome the absence of Cristiano Ronaldo this time, and lost 2-0 to Switzerland in a World Cup qualifying match on Tuesday in Basel.

For Portugal's first competitive match since beating France in the Euro 2016 final, Ronaldo was left out of the squad while he recovers from the knee injury sustained in the opening minutes in Paris.

Breel Embolo headed the opening goal in the 23rd minute and Admir Mehmedi curled in his shot in the 30th.

TUESDAY In Geneva

2	0
SWISS	PORTUGAL

Portugal was without Ronaldo again as the superstar is still recovering from his Euro 2016 final knee injury. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Canada-El Salvador on Tuesday night.

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3	6	7	5	8	1	2	9	4
2	4	8	9	3	6	1	7	5
1	5	2	8	6	7	9	4	3
7	8	6	3	4	9	5	2	1
4	9	3	1	5	2	7	6	8

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RECIPE Asian Chicken Salad



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

You can make this in a time crunch and not sacrifice deliciousness.

Ready in 30 minutes

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 2 chicken breasts
- 1/4 - 1/2 purple cabbage, thinly sliced
- 1/4 - 1/2 green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing

- 1 Tbsp sesame oil

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place chicken breasts in water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove from the skillet to clean plate. Use two forks to shred the chicken.

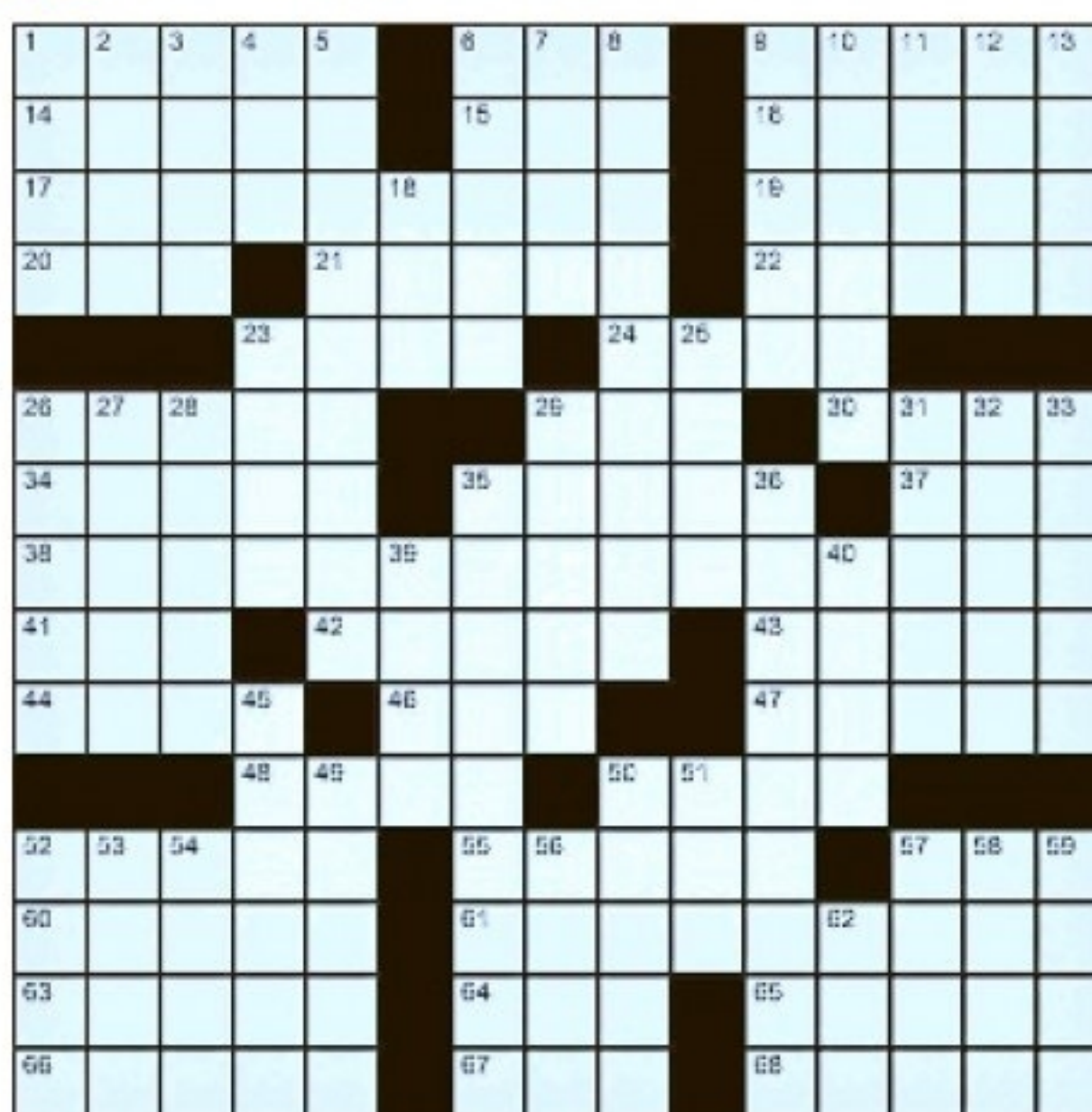
2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Sense, airport canine style
6. Lettered car-pooling lane
9. Toward the stern
14. Jane Fonda's dad, in Paris
15. Songstress Ms. DiFranco
16. Story with morals
17. King Arthur's legendary weapon
19. Stewpots
20. East Coast ocean, for short
21. Canadian 'Push' group
22. Conforms
23. Deer's tail type
24. _ _ -the-minute (In style)
26. Unlawfully lift
29. Pro
30. Pharaoh snakes
34. Dominican Republic neighbour
35. Beer holders
37. Celeb photographer
38. Reporters aspire to providing it on big stories: 2 wds.
41. Cereal grass
42. Walk-in closet collection
43. Outspoken
44. Weight allowance
46. Same old, same old
47. Function
48. Lunchtime order
50. Pony's pride
52. Looseness in the line
55. Lyre-playing Muse

57. Holy hail
60. Chilly weather comfort drink
61. 1999 Keanu Reeves blockbuster: 2 wds.
63. Big name in office labels
64. "Mazel _"
65. K, to Homer
66. Hatchlings

- homes
67. 'Computer' suffix
68. Muscle _

DOWN

1. Beatles famed concert stadium
2. Following
3. Comes with it,

- for short
4. Monk's title
5. They're shown in a critique of a latest Hollywood release: 2 wds.
6. Custom
7. Cross to bear
8. Super skilled sorts

9. Underway
10. Movie boxer Rocky's surname
11. Up to the task
12. Celebrity chef Bobby
13. "Guarding _" (1994)
18. Cash substitute letters

23. Fill
25. Prior to, for short
26. Top type
27. Ms. Tucker
28. Canada's largest duck
29. Aspect
31. Planetary place
32. Particular polytheistic person
33. Wheat type
35. Name of fashion designer Karl Lagerfeld's pet cat he always carries around that has its own Twitter and Instagram accounts
36. Winnipeg: Battle of _ National Historic Site of Canada, as per the 1816 conflict in the Pemmican War
39. Drive- _ restaurant
40. Wander
45. Police _ (Dignitary's accompaniment)
49. Signs off on
50. Irish writer Ms. Binchy
51. Bills spewer in the mall
52. Casually look over
53. Zero, in a tennis match
54. Hotshots
56. 17th Greek letters
57. Harp, in Italy
58. Limo passengers often
59. Big test
62. Do some spy work

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to make future travel plans or to check out approaches to further studies and schooling. Whatever you do will have a practical, pleasant outcome.

Taurus April 21 - May 21
Relations with co-workers are positive and supportive today. If someone older or more experienced has advice for you, listen to it, because it will help you.

Gemini May 22 - June 21
A romance might blossom with someone older today. Those of you involved in the arts will find that you have the discipline to practice and hone your skills and techniques.

Cancer June 22 - July 23
Any effort to introduce improvements or redecorate your home will go well today. Not only will things be more attractive, they also will function better. An older family member might help.

Leo July 24 - Aug. 23
You can make money with your communication skills today. This could be through writing, talking, sales, marketing, teaching or acting. It's easy to be diplomatic and practical.

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Look for ways to solidify your finances so that they are more secure in the future. Someone older might help you.

Libra Sept. 24 - Oct. 23
Today your steady, calm approach to things creates a role model for others. You see a happy marriage between practical function and relationships. Good for you!

Scorpio Oct. 24 - Nov. 22
A secret relationship, possibly romantic, with someone older or more established, might take place today. Whatever you do (especially in terms of money) will be low-key.

Sagittarius Nov. 23 - Dec. 21
Check in with someone older or more experienced today to get this person's guidance. His or her suggestions can help you to set future goals. You will know what is doable

Capricorn Dec. 22 - Jan. 20
A romance with a boss or someone older or more experienced might begin today. Others will approach you to give their creative advice on design, layout or furniture arrangement.

Aquarius Jan. 21 - Feb. 19
Travel plans, especially with someone older, look promising today. This is also a good day to seek advice from a teacher or guru-like figure.

Pisces Feb. 20 - March 20
This is a good day to settle debts and discussions about inheritances and shared property. People are conservative; however, they want to reach an agreement.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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